

CHEF'S CIRCLE 2010 RECIPES

Chef's Circle Recipes from June 5, 2010

**Jeff Bland Center of the Plate Specialist, US Foodservice Roanoke and
Robin Reed, Chief Meteorologist, WDBJ 7**

Berry Glazed Beef with Stir Fried Rice

Serves 4

Glaze

1 - 16 Ounce Bottle Dr. Pepper
½ Pint Blueberries
½ Pint Strawberries, hulled
2 Tablespoons Honey
1 Tablespoon Sriracha Hot Sauce
Salt and Pepper to taste



Pour the Dr. Pepper into a sauce pot and begin to reduce over medium high heat. Puree the berries in a blender or food processor until smooth; add a little white wine or water to help the blending process. Add the pureed berries to the pot along with the honey and Sriracha; reduce until the sauce begins to thicken slightly. Season with salt and pepper to taste; adjust flavors as needed.

1 to 1½ Pounds of your favorite Beef Steak
Salt and Pepper to taste

Dry and season the steak with salt and pepper. Over high, heat Grill or pan sear the steak until desired internal temperature has been reached. Begin glazing with the berry and soda reduction. Let the steak rest for a few minutes, slice and serve over fried rice.

Broccoli Fried Rice

1 Tablespoon Butter or Oil
1 Small Onion, Diced
½ Head Broccoli, chopped
2 Cups Cooked White or Brown Rice
2 Tablespoons Low Sodium Soy Sauce
Salt and Pepper to taste
1 Tablespoon Butter

Over medium high heat, add 1 tablespoon of butter or oil to a sauté pan; add the diced onion and cook for one minute. Add the broccoli and rice to the pan and stir fry, stirring and moving constantly. Stir in the soy sauce and season with salt and pepper. At this point, the rice should almost look and feel dry. Just before serving, melt in the last tablespoon of butter.

Cherry CousCous with Berry Sauce and Whipped Cream

Serves 4

½ Cup Orange Juice
½ Cup Milk or Coconut Milk
2 Ounces Triple Sec or orange flavored liquor
¼ Cup Granulated Sugar
½ Cup Israeli CousCous
½ Cup Pitted Cherries
½ Pint Blueberries
½ Pint Strawberries, hulled
¼ Cup Granulated Sugar
4 Small Scoops Vanilla Ice Cream
½ Cup Heavy Whipping Cream
1 Tablespoons Granulated Sugar
1 Ounce Triple Sec or orange flavored liquor



Add the orange juice, milk, sugar, and triple sec to a sauce pot and bring to a boil. Stir in the CousCous and cherries; reduce heat to a simmer, stirring constantly, and cook until the couscous is tender, about 10 minutes. Watch carefully and do not let scorch; add extra liquid during the cooking process if the grains start to get really dry.

Puree the berries and ¼ cup sugar.

Whip the heavy whipping cream, 1 tablespoon of sugar, and triple sec until stiff peaks form. Mix all at one time; you can use a hand or stand mixer if you wish.

Place a scoop of ice cream into a bowl, spoon the CousCous over top, add desired amount of the berry sauce, and finally a dollop of whipped cream.

Note: The CousCous will take on the flavor of added ingredients; adding dried fruits like mango, blueberries, or cherries will work great for this recipe.



*Jeff Bland &
Robin Reed*

Chef's Circle Recipes from July 11, 2010
Hotel Roanoke Executive Sous Chef, Nazim Khan and Roanoke Times
Food Writer Lindsey Nair

Old Fashioned Lemonade With Berries
Serves 8

5 lemons (2 with zest removed)
1 cup white sugar
6 cups cold water
1 cup blueberries or other type of berries



- Remove the zest (yellow part only) from two of the lemons using a microplane or the fine side of a grater.
- Firmly roll the lemons against the counter or another hard surface to soften. Cut and juice to make 1 cup of juice.
- Place berries in a blender or food processor and puree them.
- In a gallon pitcher, combine lemon juice, zest, sugar, water and pureed berries. Stir to dissolve sugar completely.
- Taste and adjust water or sugar to taste.
- Strain through a sieve to remove seeds, zest and bits of skin. Chill and serve over ice.

Crab Parfait
Serves 4

1 cup small diced mango
1 cup small diced cantaloupe
½ cup small diced red pepper
½ cup small diced tomato
¼ cup small diced red onion
½ cup small diced celery
1 cup shredded lettuce
½ cup plain yogurt
½ cup citrus reduction (see below)
1 oz. Srirachi red chile sauce
6 oz. chopped cilantro
2 cans jumbo lump crab meat



- For the citrus reduction: In a large saucepan, mix ½ gallon orange juice, 1 quart pineapple juice and one 14 oz. can coconut milk. Heat on low and cook, reducing volume by 80 percent. This will take a while. If you cook it too fast, it will burn. When finished, stir in 6 oz. sugar. Allow to cool completely.
- For the dressing, mix together yogurt, 1/2 cup of the citrus reduction and chile sauce thoroughly. Season to taste with salt and pepper. Refrigerate until ready to use.
- Assemble all remaining ingredients in layers, and between the layers add the yogurt dressing. Garnish with fried wonton crisps, if desired.

Chimichurri Sauce To Put on Steaks

Serves 4

- 1 cup roughly chopped flat leaf or curly parsley
- 1/3 cup roughly chopped oregano
- 4 cloves garlic, roughly chopped
- 1 to 2 tsp. chili pepper flakes (you can add more or less depending on the heat desired)
- 2 tsp. rice wine or apple cider vinegar
- Salt and pepper to taste
- ½ cup olive oil (you can substitute safflower or canola)



*Nazim
Khan
&
Lindsey
Nair*

- Place the parsley, oregano, garlic, chili flakes and vinegar into a blender.
- Blend on low speed to begin to puree, then turn speed up to high and slowly drizzle in the olive oil. You can add more or less oil depending on the thickness you desire.

Grilled Tomato Puree Topping For Steak

Serves 6

- 4 large vine ripe tomato
- 2 red onions
- 2 Tbsp. olive oil
- 2 oz. roasted garlic
- 2 oz. chopped parsley
- ½ oz. thyme
- 2 oz. vinegar
- ½ tea spoon red chili flakes
- Salt and pepper to taste
- 8 oz. extra virgin olive oil



- Cut the tomatoes and onions in quarters. Place in a bowl, add the 2 Tbsp. olive oil and toss gently to coat all pieces evenly.
- Put them on a hot grill and cook until lightly browned on all sides.
- Transfer to a blender, along with all of the other ingredients. Start the blender and slowly drizzle in the olive oil while the blender is running. Process until smooth.
- Salt and pepper to taste.

Bob Prophet and Matt Phillips
Roanoke College Chefs
July 31, 2010
The Chef's Circle on the Salem Farmers Market



Chilled Cantaloupe Soup

1 Medium Local Cantaloupe
About 4 to 6 oz Heavy Cream, Sour Cream or Plain Yogurt
1 Orange, Juiced
1 Orange, Zest with micro plane grater
¼ C Champagne
Salt, as needed

Peel and seed the cantaloupe. Place in a blender with remaining ingredients and blend until smooth. Add fresh mint or basil if you so desire. Refrigerate for at least 2 hours. Refreshing!

Panzanella Salad- Italian bread salad

Good Stale Crusty Bread, Cubed
Garden Fresh Tomatoes, Diced
Local Cucumbers, Diced
Fresh Basil from your herb garden, Chopped
Garden Peppers, Diced
Onions, Diced
Capers, Rinsed
Olives, (good Olives!)



Cube the bread and toss with olive oil and sea salt. Bake at 350 for about 7 minutes. Toss the bread with the remaining ingredients and dress with balsamic or red wine vinaigrette to lightly coat. For the vinaigrette use 1 part vinegar to 3 parts oil, use your preference of oil and vinegar. Stream the oil into the vinegar while whisking starting slowly at first. Use the ingredients in the ratio that you prefer or what looks good from your garden or at the market. Season the salad with salt and fresh ground pepper. Serve with fish, chicken, beef or by itself. Enjoy!

Local Summer Fruit Crepes with Zabaglione

Feel free to use most any summer fruit for this recipe and you can use crepes, pound cake, cheese cake, shortbread, or simply fruit in a glass. For the fruit we used fresh sliced peaches and blackberries, to that we added a splash of grand marnier (optional) and some local honey (optional).



Zabaglione

- 3 Egg yolks
- ¼ C Sugar
- ¼ C Marsala Wine
- ½ C Heavy Cream, Whipped (optional)

Combine the egg yolks, sugar and wine in a mixing bowl and whisk until well blended and frothy. Place the bowl over a simmering pot of water until the mixture is thickened and frothy, about 180 degrees F. Remove from the heat and continue to whisk until cool. Serve as is or fold in whipped cream for a lighter version. Delicious!



*Bob Prophet &
Matt Phillips*

Chef Michele Carder
Allstate Chef – Formerly Michele’s on Main
August 14, 2010
The Chef’s Circle on the Salem Farmers Market

Michele's Meatloaf Florentine

STEP 1:

3 lb ground beef, round, or chuck.
1 & 1/2 cups bread crumbs
3 eggs
1/4 c ketchup
1/2 tsp salt
1/4 tsp black pepper
1/2 tsp garlic powder
2T Worcestershire sauce
1/2 tsp Italian seasoning
*Mix all the above ingredients together in a large bowl, set aside.



STEP 2:

1 & 1/2 eight ounce blocks softened cream cheese
3 c fresh spinach
1 & 1/2 cups shredded cheddar
1/2 c chopped artichoke hearts
1 T chopped garlic
1/4 tsp salt
1 tsp lemon juice
*Mix Step 2 ingredients together in a medium bowl, set aside.



Preheat oven to 350 degrees.

Cover a large rectangular sheet pan with plastic wrap. Spread the ground meat mixture over top of the plastic wrap (should cover the whole pan). Meat mixture should be an even thickness all over and will be about 1/2 inch thick. Next, spread the spinach mixture over meat layer. With the pan sitting long ways (horizontally) in front of you, pull the closest corners of the plastic wrap up and roll the meatloaf mixture over jellyroll style (will look like a log). Gently slide the plastic wrap out. Cover with foil and bake 30 minutes. Uncover meatloaf and coat with ketchup, finish cooking in oven for 15-minutes and then broil for 3 more minutes for caramelization of ketchup.



Shoe String Onion Rings

1 & 1/2 cups all purpose flour
1 & 1/2 cups corn starch
1/2 tsp salt
1/4 tsp black pepper
1/4 tsp garlic powder
Vegetable oil
2 lb thin sliced sweet yellow onions
3 cups buttermilk
Grated Parmesan cheese



*Preheat oil in a fryer or pot on top of stove to 370 degrees. Mix first 5 ingredients in a large bowl. Pour buttermilk in medium size bowl. Dip hand full of onion rings in the buttermilk (shake off excess buttermilk) then coat damp onion rings in the flour mixture; put coated rings on a plate until ready to fry. Fry onion rings approximately 4 minutes or until golden. Once out of the fryer, while still hot, sprinkle with salt and Parmesan cheese.

serve with Ketchup, Ranch dressing or a spicy 1000 Island style sauce.

Bananas Fosters

2 T butter
1/2 c brown sugar
3/4 c vanilla ice cream or 1/2 c cream
3 T E&J Brandy
3 ripe bananas, sliced 1/2 inch thick
1/4 c walnut pieces
dash cinnamon



*Melt butter in skillet over medium heat. Whisk in brown sugar and then ice cream or cream. Bring to a boil and slowly add the Brandy, be careful not to spill as it is flammable (leave this type of excitement to the chefs!) Add walnuts and cinnamon. Boil a bit more while still whisking (about 4 more minutes), mixture should reduce and thicken. Turn off heat and add bananas. Serve hot over a scoop of vanilla bean ice cream, ice cream filled crepe or vanilla ice cream sandwich. *Make sure mixture has thickened before adding the bananas.

*Michele Carder &
Her Son*



Chef John McCrady
Salem Catering at the Salem Civic Center
August 21, 2010
The Chef's Circle on the Salem Farmers Market

Cantaloupe and Peach soup

10 oz orange juice
10 oz apple juice
1 large or two small cantaloupes
3-4 fresh peaches
1 lime
Fresh mint



Peel and seed the cantaloupes, pit the peaches and add to apple and orange juice in food processor or blender and puree. Add the juice of the lime and garnish with chopped mint. Serve well chilled

Gazpacho

1 bottle of V-8 juice or equivalent
3 cucumbers
3 green peppers
1 large yellow onion
3-4 cloves fresh garlic
½ cup olive oil
½ cup red wine vinegar
½ tsp cayenne pepper
Fresh ground black pepper to taste



Peel and seed cucumbers and dice. . Seed and dice green peppers. Dice yellow onion. Mince garlic. Add to V-8 (or equivalent) add vinegar and olive oil and cayenne into a food processor or blender and blend to whatever consistency you enjoy. Some like a puree, I enjoy some chunks of the veggies. Also this is best when it sits over night under refrigeration and the flavors blend. Also bread crumbs are sometimes used as a thickener, I enjoy it simple.

Grilled Chicken over Bowtie Pasta with Basil Pesto and Diced Tomatoes.

Bowtie pasta
Boneless chicken seasoned simply
Fresh tomatoes
Basil pesto.....
4-6 oz fresh basil leaves
2-3 (or more or less) garlic cloves
2-3 oz pine nuts
Olive oil
Hard cheese, parmesan, asiago, manchego.
Salt to taste



In food processor place the basil leaves, garlic and pine nuts, and turn on. Drizzle the olive oil in gradually to make a paste. More or less depending on the desired consistency and then add an ounce or two of the cheese. Tossed the cooked bowtie pasta with the pesto, more pine nuts (roasted - if desired) and diced fresh tomatoes. Top with sliced or diced grilled chicken. Enjoy!



*Chef
John McCrady*